

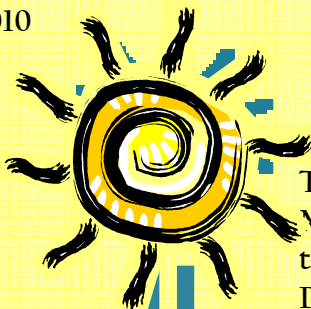


WORKING WELLNESS

Good Health is Good Business

JUNE 2010

is...



Home Safety Month

National Aphasia
Awareness Month

National
Sclerodoma
Awareness Month

National Scoliosos
Awareness Month

Vision Research
Month

with...

Sun Safety Week

National Men's
Health Week

National Headache
Awareness Week

And more!

For more information
on these observances
or future
observances, go to
U.S. Department of
Health and Human
Services at
www.healthfinder.gov/nho.

IT'S OUT!

The revised *Group Health Plan Document* was approved by the BOCC on March 17, 2010. All *Plan Document* booklets are currently being distributed to the appropriate contacts for all Constitutional Offices and BOCC Divisions/Departments. If you are responsible for distributing information for your office, please ensure that the employees named on each booklet receive their copy. If you are missing a booklet for an employee or were given a booklet that is not yours, please contact Alana Thurston at (305) 292-4446 or x4446.

Be aware that amendments to this *Plan Document* will be forthcoming due to the recommendations made by Monroe County's Health Benefit Volunteer Review & Recommendations Team and/or mandates required by the Patient Protection & Affordable Care Act (aka Health Care Reform).

If you have not received your revised *Plan Document* yet, it can be found on our webpage.

Go to (type the following into your internet browser's address bar):

http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/index

Or you can type the following into your internet browser's address bar to go to the Plan Document directly:

http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/MONROE%20COUNTY%20GROUP%20HEALTH%20PLAN%20DOCUMENT.pdf

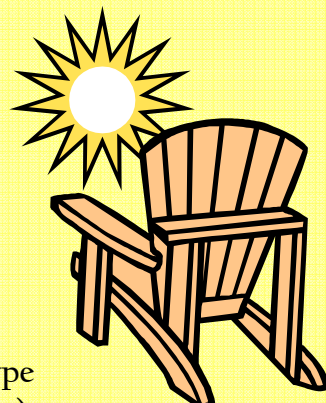
Summer is Here!

Apply the sunscreen and seek some shade because summer is here! If you are unsure what sunscreen is best for you, you should go to (type the following into your internet browser's address bar):

www.skincancer.org/sunscreens-explained.html

You can also find some tips on sun safety at US Environmental Protection Agency website. Go to (type the following into your internet browser's address bar):

www.epa.gov/sunwise/actionsteps.html



Spotlight of the Month: Wellness Website

www.NationalWellness.org

"Founded in 1977, the National Wellness Institute, Inc. (NWI) was formed to realize the mission of providing health promotion and wellness professionals unparalleled resources and services that fuel professional and personal growth.

This mission continues to drive the National Wellness Institute and forms the basis for the annual National Wellness Conference, the most highly acclaimed professional conference in health and wellness."

Spotlight of the Month: Horizon Health Webinar

Making Your Doctor's Visit Count

Go to (type the following into your internet browser's address bar):

www.horizoncarelink.com

Username: MCBOCC

Password: MCBOCC

Find the archived webinars page and scroll down to November 2009, when the webinar first aired.



CORNER

Starting next month we will offer information related to your prescription program or often used medications right here at the Rx Corner.

So be on the lookout! In the meantime, you can visit www.mywhi.com, register, & review some helpful information already posted on the website of your Pharmacy Benefit Manager (PBM), WHI.

Making Three Points Again

No matter what you are climbing; a ladder, scaffolding, tree or **VEHICLE**, you must always use the **THREE-POINT CLIMB** method.

This means that three points of contact must be maintained **AT ALL TIMES**.

Either **TWO HANDS** and **ONE FOOT** or **ONE HAND** and **TWO FEET** are in contact at all times.

When **THREE POINT** contact is maintained, you have maximum support and stability.

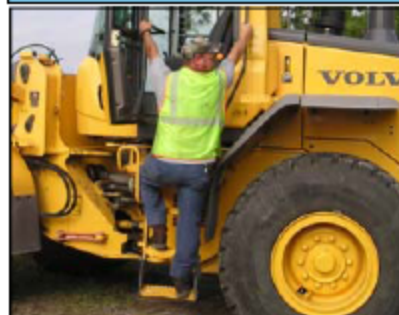
This reduces the possibility of slipping and falling.

This means you cannot climb with anything in your hands.

You should also always face the object you are climbing.



**Always face the object
you are climbing and
make sure you maintain
Three Points of Contact**



Be sure to check the ground for any uneven surface.

And, never jump down.

Contact must be maintained until you are on the ground.



**Never face away from the
object you are climbing and
never jump down**

Thanks to Ken Brower and Martin County BOCC Engineering for their assistance with the photos

COMP CORNER

This article is brought to you courtesy of Employers Mutual, Inc. (EMI), your workers' compensation third party administrator. Enjoy!